

Community

Senior News

By Jacqueline Ramsay

Hello, we all fell back one hour on Oct. 27. Were you on time for church?

The fog has begun to settle in and hang around in spots. Nights are cooler and days? Well, it's fall.

The school election is over and I hope that no matter how you voted, that you did vote. We can't sell the youth of this town short.

October 29 was the Five Area Lunch in Rainier. November's will be in Clatskanie, on the last Monday.

Remember Polly Allen? She sang with the Golden Oldies

while visiting here last summer from Texas. She says "Hi" to all and hopes to come back next summer. The Golden Oldies have had out-of-town engagements. We're glad others are recognizing their talent.

October 25 - Flu shot day was well used. I didn't feel a thing. The lady gave a perfect shot.

November 2 - Jim Tierney brought the Senior Center board up to date on what the Senior Center committee has been doing. We have chosen an Architect to help with plans for a new center. So, keep good thoughts by supporting the Senior Center.

What else is new?

Thanksgiving Dinner will be held November 14 at Noon. Come in and sign up, or call 503-429-3912 and have your name added to the list. Also, so our volunteer help can have time for a hassle-free holiday, we will be closed Nov. 21, 22 and 23.

Think of a name for our Christmas Bazaar (it must have the word Senior in it), and win a free Christmas dinner.

Check the Senior Calendar for Dr. Aries - hearing aid service or Foot Care Day.

November 6 at noon we will have a speaker on traveling.

"Thank you's" go to Bryon Brandonseller and his crew for helping some seniors with

yardwork, etc., in October just "before" the rains came.

Last, but not least, there is a new game going around town. It spreads sort of like the flu bug, passed from one person to another. I've elected to join the game. It's called Rude, Crude or Just Plain Nasty. To win the game, no matter how nasty you feel when you leave home, you put on a smile, go out the door and spread a little Sunshine. People may blink, but I bet they will respond in kind. We are all stressed to the hilt these days, some more than others. But a kind word has never cost more than just that - kindness. Give it and it will come back to you.

Awana program gets underway

This year's AWANA program will begin on Wednesday, November 14, at Vernonia Community Church, from 3:00 to 4:30 p.m. If parents prefer, a volunteer will meet the children at Washington Grade School and accompany them to the church.

AWANA is a Christian-based program for grades one through five. Activities include games, Bible stories and snacks. Dues are 50-cents per week.

For more information, call Vernonia Community Church at 503-429-6790.

Health Notes

By Audeen Wagner

FLU SHOTS: As promised, the flu vaccine is in stock at Providence Family Medicine-Vernonia, and patients are encouraged to call for their appointments for the annual shot.

Patients with priority status are:

- Those 65 and older, and their caregivers;
- Patients with chronic problems, especially asthma, bronchitis, history of pneumonia;
- Women in the latter months of pregnancy.

The shortages and delays we experienced last year are not happening this year. According to a recent article in The Oregonian, the peak flu season won't arrive until late December, so there is still time to get protection for this year's onslaught of influenza.

"Please be assured that it is impossible to get the flu from a flu shot," says Mark Livingston, M.D. "Keep in mind that it takes about two weeks for the shot to become effective." So, in those rare cases when someone gets sick after having an injection, it is probably because the serum hasn't 'kicked in' yet. The influenza vaccine program has been proven to be a very successful deterrent to having the flu.

MAMMOGRAM SCHEDULE: The Mammovan will be in Vernonia on November 21.

Who needs it?

- Women over age 35 should have a mammogram screening every year or two, along with an annual checkup.
- Women over age 50 should have an annual mammogram. Call the clinic for an appointment.

Vernonia Assembly of God *invites you to our services*

Our ministries include ~

- ❖ Spirit filled worship
- ❖ Biblical Preaching
- ❖ Sunday School
- ❖ Children's Church
- ❖ Youth Activities
- ❖ Thursday Family Nights

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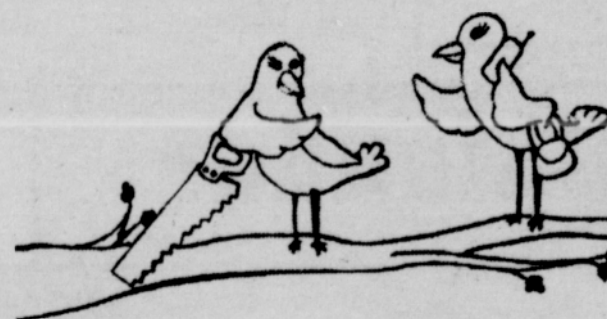
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